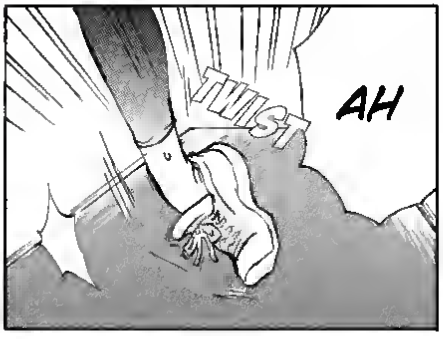
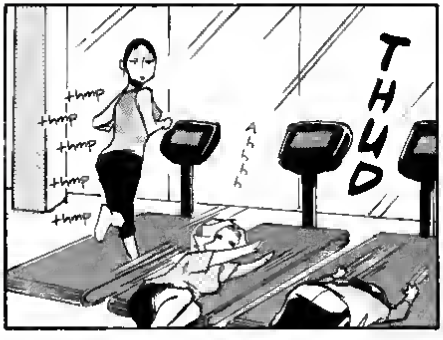
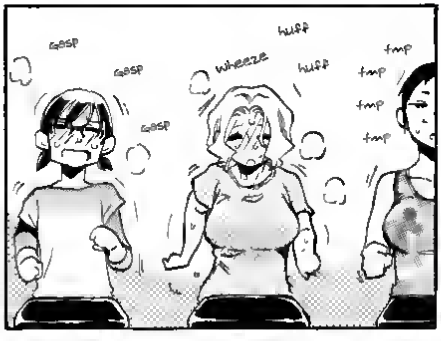
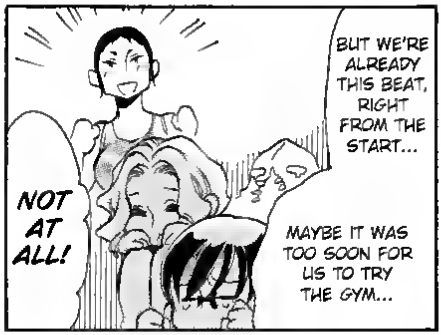
11TH GLASS
MICCHAN PAYS OFF HER DEBT
TODAY THEY'VE COME TO THE GYM
stretch
stretch
Beginner's Workout


TWIST
AH

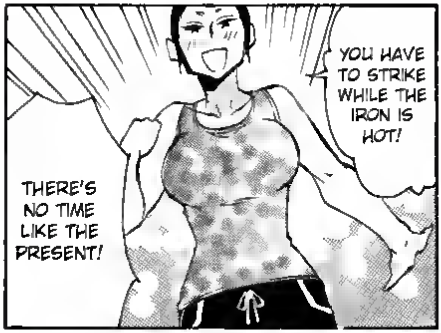
BUT EVEN JUST THE WARM UP...
IS.. OOF..
huff
huff
huff
wheeze
I...
THOUGHT I WAS READY FOR THIS..

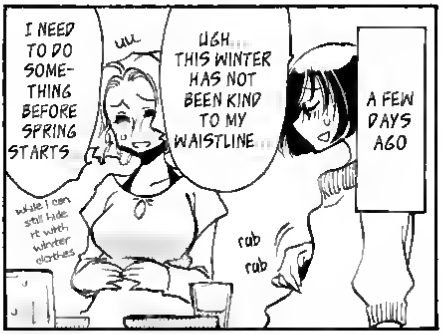

thmp
thmp
thmp
thmp
thmp
THUD


gasp
gasp
gasp
wheeze
huff
huff
tmp
tmp
tmp
tmp

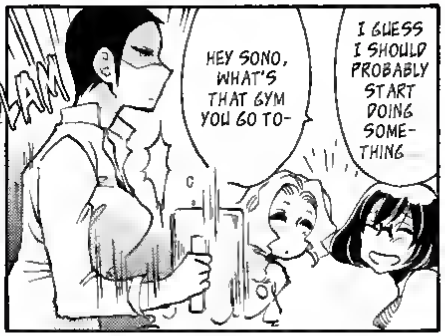

BUT WE'RE ALREADY THIS BEAT, RIGHT FROM THE START...
NOT AT ALL!
MAYBE IT WAS TOO SOON FOR US TO TRY THE GYM...

YOU'RE FINE, YOU'RE FINE.
up and at 'em!
ACK!
SONO IS WAY TOO INTO THIS!
OKAY, GET UP AND LET'S GET GOING!


YOU HAVE TO STRIKE WHILE THE IRON IS HOT!
THERE'S NO TIME LIKE THE PRESENT!

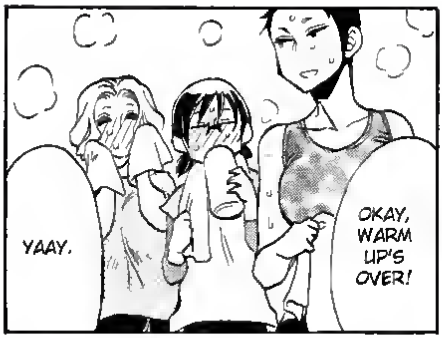

I NEED TO DO SOMETHING BEFORE SPRING STARTS
UGH... THIS WINTER HAS NOT BEEN KIND TO MY WAISTLINE...
A FEW DAYS AGO
while I can still hide it with winter clothes
rub rub

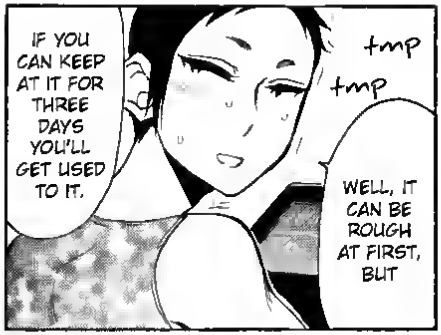
YOU'VE GOT TO GET OUT THERE AND WORK IT OFF!
UGH!
THAT DEBT ISN'T GOING ANYWHERE ON IT'S OWN!
ACK!
DEBT
DEBT

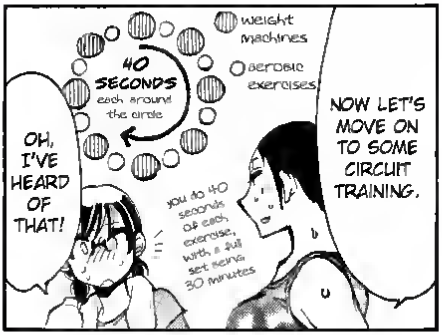

SLAM
HEY SONO, WHAT'S THAT GYM YOU GO TO-
I GUESS I SHOULD PROBABLY START DOING SOMETHING...

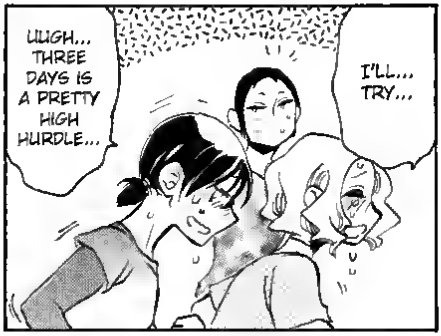
OUR DEBT...
WE...
WE'LL PAY OFF...
THAT'S THE SPIRIT!

WELL YEAH, YOU TWO FINALLY DECIDED TO COME OUT TO THE GYM!
yes hello this is Miyauchi I'd like to enroll in two people for a trial membership
SNAP
OF COURSE I'M GOING TO GO ALL OUT!
NOW?!

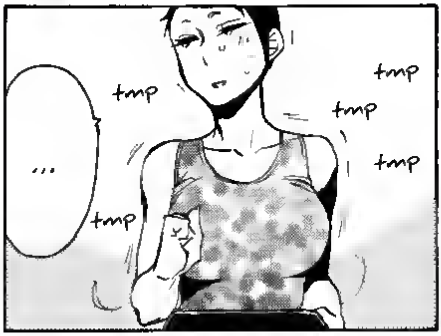

YAAY.
OKAY, WARM UP'S OVER!


IF YOU CAN KEEP AT IT FOR THREE DAYS YOU'LL GET USED TO IT.
tmp
tmp
WELL, IT CAN BE ROUGH AT FIRST, BUT


40 SECONDS each around the circle
weight machines
aerobic exercises
OH, I'VE HEARD OF THAT!
you do 40 seconds of each exercise, with a full set being 30 minutes
NOW LET'S MOVE ON TO SOME CIRCUIT TRAINING.


UUGH... THREE DAYS IS A PRETTY HIGH HURDLE...
I'LL... TRY...

WELL, YEAH...
HEH... I WON'T BE FOOLED BY THAT "OH, JUST 30 MINUTES, 40 SECONDS AT A TIME? NO PROBLEM!" THING...
THIS IS DEFINITELY GOING TO SUCK...


...
tmp
tmp
tmp
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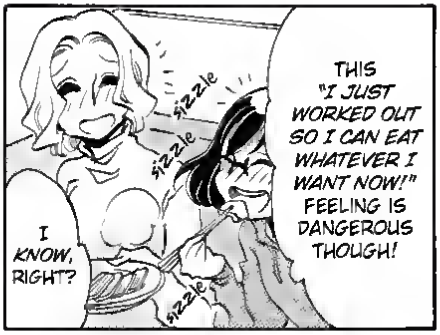
OH COME ON.
15 MINUTES FOR ME
at least TRY to last the whole time
WANT TO BET ON HOW LONG WE'LL LAST?
heh heh heh

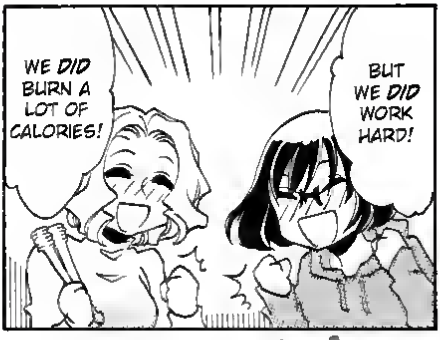
LET'S DO THIS!!
RRR...
THE BEER AFTER A WORK-OUT...
TASTES REEAAAL GOOD, YOU KNOW?

WHY DON'T YOU TWO TRY SOME WATER WALKING?
OKAY, LET'S FINISH UP WITH SOME COOLDOWN IN THE POOL.
ROGER!
MAYBE IF I HAD SOMETHING MOTIVATIONAL TO SHOUT...
AH!
URG..
YEAH, THIS IS ROUGH.
HAVE FUN!
I'M GOING TO GO SWIM FOR A BIT.
ONE, TWO,
BEER!
FT!
DRA!
splash
splish
splash
splish
SPRING
SPLASH
...
EH, UH...
DRA! FT! BEER!
HO! RU! MON!
WELL, SHE WAS MOSTLY MATCHING OUR PACE TODAY...
SONO STILL HAS SO MUCH ENERGY...
SHE MUST HAVE A LOT BUILT UP...
TAN! SHI! O!
HA! RA! MI!
KA! RU! BI!
ALRIGHT LET'S LAY OFF THE CHANTS PLEASE.

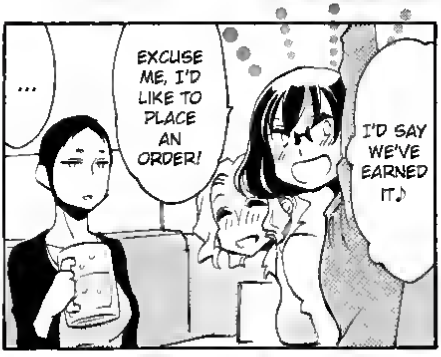
CHEERS!
WELL THEN, LADIES,
ding dong
BEER
gulp
gulp
gulp
gulp
gulp
gulp
YOU CAN'T EVEN TALK?!
what can I get for you?
BEER
use words!
phew

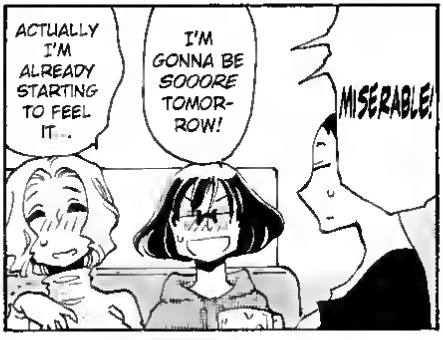

sizzle
sizzle
sizzle
I KNOW, RIGHT?
THIS "I JUST WORKED OUT SO I CAN EAT WHATEVER I WANT NOW!" FEELING IS DANGEROUS THOUGH!

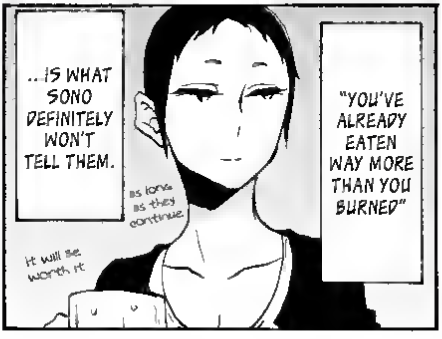
THAT GOOD!?
BEER AFTER A WORKOUT IS JUST TOO GOOD...
I MEAN, YEAH, BUT...
SONO, IT'S TOO GOOD...

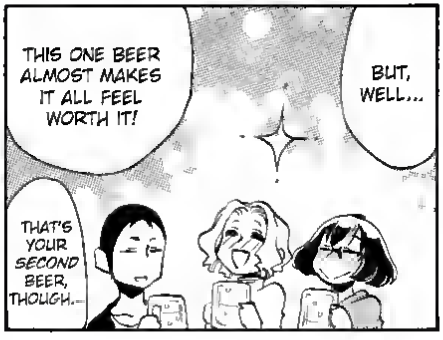

WE DID BURN A LOT OF CALORIES!
BUT WE DID WORK HARD!

WELL ANYWAY, HOW WAS IT TODAY?


...
EXCUSE ME, I'D LIKE TO PLACE AN ORDER!
I'D SAY WE'VE EARNED IT♪


ACTUALLY I'M ALREADY STARTING TO FEEL IT...
I'M GONNA BE SOOORE TOMOR-ROW!
MISERABLE!


.. IS WHAT SONO DEFINITELY WON'T TELL THEM.
"YOU'VE ALREADY EATEN WAY MORE THAN YOU BURNED"
as long as they continue
It will be worth it


THIS ONE BEER ALMOST MAKES IT ALL FEEL WORTH IT!
BUT, WELL...
THAT'S YOUR SECOND BEER, THOUGH..

the next day
WAIT, WHAT?

AFTERWARDS, THEY (BARELY) DRAGGED THEMSELVES TO THE GYM ONCE OR TWICE A MONTH
Yuki "Well if it's just water walking, then I guess.."
you can really feel the burn
Ugh. starting to get pretty squishy..
Micchan only when things get critical

IMPERIAL CREDITS:

UKATSU FOR BEING THE ARTIST AND AUTHOR

NOOOOOOOOOO!!TES:

FALLING WHILE ON A TREADMILL CAN BE VERY DANGEROUS, PLEASE DO NOT TRY THAT AT HOME (OR AT THE GYM)

IT'S PROBABLY OKAY IF YOU'RE GOING AS FAST (READ: SLOW) AS YUKI AND MICCHAN WERE THOUGH.

SEMI-TANGENTIAL PERSONAL EXPERIENCE NOTE: GYMS IN JAPAN (TOKYO, ANYWAY) ARE STUPIDLY EXPENSIVE, POORLY EQUIPPED, AND HAVE BAD HOURS :(

HORUMON IS BASICALLY OFFAL, THE ICKY BITS OF ANIMALS THAT MANY PEOPLE (IN AMERICA, AT LEAST) FIND UNAPPETIZING; INTESTINES, ANUS, UTERUS, HEART, KIDNEY, LUNGS, ETC. PRETTY POPULAR AS "HORUMON-YAKI" (I.E., GRILLED):

KARUBI IS JAPANESE GALBI/KALBI, A TYPE OF KOREAN GRILLED RIB DISH (BEEF OR PORK). THE JAPANESE VERSION IS PRETTY SIMILAR, BUT IS USUALLY BONELESS, VERY POPULAR AT YAKINIKU PLACES.
(YAKINIKU BEING A GENERIC TERM FOR GRILLED/BARBECUED MEAT, AS WELL AS REFERING TO RESTAURANTS THAT SERVE THAT FOOD. OFTEN THERE IS A GRILL AT THE TABLE, AND THEY BRING OUT SLICES OF RAW MEAT FOR YOU TO COOK YOURSELF.)

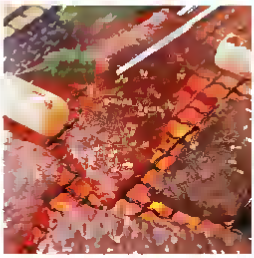
HARAMI IS INNER SKIRT STEAK, I.E., PART OF THE DIAPHRAGM MUSCLES. A VERY TOUGH, BUT VERY FLAVORFUL CUT. ANOTHER POPULAR CHOICE AT YAKINIKU PLACES.

THE "TAN" IN **TANSHIO** REFERS TO COW TONGUE, AND THE "SHIO" MEANS SALT. COW TONGUE IS PRETTY POPULAR IN JAPAN, AND THE SALTED VARIANT IS ESPECIALLY COMMON IN YAKINIKU RESTAURANTS.

WATER WALKING IS WALKING, IN WATER.

WHY YES, THEY ***DID*** GO TO A YAKINIKU RESTAURANT AFTER THE GYM!
HOW DID YOU GUESS?

KARUBI



HARAMI

TANSHIO

HORUMON

TYPICAL IF MAYBE SLIGHTLY
UPSCALE
YAKINIKU RESTAURANT

JAPANESE GYMS

AAAA